DF []NTEREST to WOMEN

MRS. KATE DOUGLAS WIGGIN.

The Santa Claus Myth

Highest Authorities Agree to Let the Children Keep the Saint of Christmas.

the nice, red conted, white whiskered Santa Claus stood on the street corner rediating

Do the children believe in me?" he chuckled. 'Why, sure. Aw! the little darlings. They think I'm real, all right. They sugh and wave their bands to me and-But you just stand over there and watch

Sure enough. Above the roar of the elevated came a joyful shout:

Sandy Caus! Sandy Caus! He was only a tiny boy, delighted beyoud all power to keep silent, and his

beautiful little face was filled with a won-"Sandy Caus! Sandy Caus!" he shouted again, when the white whiskered man

smiled and bowed and fingled his bell more merrily than over. The black velvet gowned woman didn't stop, however, and the child trotted away looking backward every step or two and still beaming at Santa.

Next came a ragged little chap of perhaps eight years, carefully leading two (and homelier) children.

"Shake hands with Santa Claus!" he out to the big man, who stooped over and now. took them gently, oh, very gently. "Poor little duffers," he murmured.

Then as they passed on the boy looked back and winked, as much as to say "Pretty good, the way we did that." whereupon Santa rattled his jolly little bell some more. He never speaks. Children put their arms around his neck and whisper in his ear for him to bring them a "nice horsie and a doll for my sister," but Santa only nods his head knowingly.

"You'll get them," says the father or mother, and the child goes off smiling.

Now is this wrong? "Lies! Lies;" says the Critical One, "No poetic fancies, wonder we're a nation of fools, when children's minds are fed on nonsense like

of experts, and in all the length and breadth of the city not an authority was adorable bables.

"Did Peter believe in Santa Claus?" she was asked.

because they loved it so.

to tell children about Santa Claus. The spirit. "Now, we'll go in and see Mme. Homer the cold facts, spoil it ail. 'Oh, yes,' they and tell her what I've said." say, 'he comes right down this very chimparents fled to him. One must be gay and warn son, aged nine, not to tell his little mysterious about it: 'You just wait and sisters there wasn't any Santa Claus. here,' or 'Well, I wonder now. Let's all Claus, who brings tricycles, and the Christkeep still and wonder about it. You know it's always the prince who wonders in the fairy stories who finds the magic door in the mountain and learns the secrets of the

There is a great difference, according to What did she think about Santa Claus?

dren, who are natural poets, and live more for the poor, because that as

hem, they still cling to Santa Claus. "Certainly, let the children believe in or sorrowful on Christmas Day,"

Twas the week before Christmas, and I bim thoroughly," said Miss Grace Brown, director of the kindergarten; "but tell them chody ever saw him; so it is of no use to stay awake watching for him. And the Santa Clauses on the street corners are not real Santa Clauses at all-they are only playing Santa Claus. Then tell the child he could play it, too, and give the baby a present. Everybody plays Santa Claus, father and mother and grandma, and everybody who loves us. When the child grows a little older he won't have any trouble in realizing that the real Santa, after all, is just the people who

> Nine other kindergarten authorities in the city gave practically the same answer. Santa Claus is rafe in the hands of the

> Well, then, what says a real father and mother-somebody with a nice, big family on which to practise Santa Claus theories? Madame Louise Homer! Just the person, with her four fine children, and a wee little Homer who came very near being a Christmas present this year.

"Oh, yes, we're old-fashioned. We all believe in Santa Claus," said Papa Homer, advised, and two shy little hands were put who does the talking for the family just The twins were "resting" wide awake on

their little beds when paps and the reperfer put the question direct to them. Katharine kicked up her small heels and squealed delightedly. 'Yes, Santie's coming very soon now

and I hope he brings us a tricycle, and we're going to the Christmas tree." Anne Papa Sidney Homer has more ideas on

subject, however, for he is not only the proud father of five and husband of the prima donna, but a composer of music and-is it proper to say "therefore" ?- of

"The children know," he says, "that al the presents come from the family, and after they're a bit older they will under-The Tribune reporter sought the advice stand that Santa Claus is only a nice, jolly, red old fairy. I shall try to make them feel, too, that he is symbolic of the somefound who would say a word against Santa Claus. There was the "Christmas Lady." Mrs. Kate Doughs Wiggin, author of "The Wro give them. It is the spirit, of the whole world working together for happiness. Money alone did not procure their thing above and beyond their money that ness. Money alone did not procure their Christmas pleasures. Some lumberman up in the mountains cut down the Christmas tree for them, else they couldn't have "Most certainly," said she. "Mother bought it in New York. Somebody over in Carey was a woman who would tell that Germany made their toys for them, and stery in the right way, and all the Carey somebody else made the nice candles they children, even though they had outgrown buy in the stores. Everybody in the world their belief themselves, would keep up a is doing things for everybody else, and at merry, clever, elusive joking about it, just Christmas time we symbolize that relation in the figure of Santa Claus, because he "But it takes the right kind of person is jolly and loving, like the Christmas

So in we went, to a room where a lovely ney.' And the clever child finds out that woman smiled at us, and said that was the flue is too small. Then he knows his just what she thought, too, but she must see on Christmas if Santa hasn't been were puzzled enough already between Santa mas angel who brought the baby Then out into the cold rain, away from

those warm, rosy Homers, to seek a poetess -Alice Mary Buckton, author Christmas mystery play, "Eager Heart."

Mrs. Wiggin, between "telling children "Oh, do you know," she cried, "we don't lies" and cuitivating their imaginations, have Santa Claus in England? You have a difference which the realists, the "Grad- him on the street corners here? Why, I grinds" do not understand. Santa Claus think that is charming. It is so like the belongs with the fairy stories, of which picturesque old English mummers and she says in her book, "The Story Hour:" waits, that go about singing on Christmas When the fairy tale carries us into an night at home. These old folk plays can exquisite, ideal world where the fancy may become one of the highest means of eduroam at will, creating new images and cation, and Santa Claus and the saints seeing truth ever in new forms, then it should be classed with them. It is beauhas a pure and lovely influence over chil- tiful to have Santa Claus collect money in the spirit and less in the body than we. the idea of giving with him, rather than Everything is real to the happy child. Life that of always getting, getting, on Christis a sort of fairy garden, where he wan- mas. It is a pity if the holiday passes without rousing children's gentler feelings Up at Teachers College, where theories of love and pity for the Little Child who the child blossom early in the season, was born in the cold, dark manger on before the masses of mothers get that first Christmas night, and through that to love and pity for all who are cold

Club and Social Note

No Christmas tree party for the Eclectic of assisting girls who wish to take their Club! For their Christmas meeting on degree at Vassar but have not the means. Wednesday at the Waldorf-Astoria they It makes loans of various sums without had "demonstrations in experimental psy-chology and the potential force of the recipients of these loans always feel a tion of the parents, who will be allowed sub-conscious mind," performed by Jacques | moral obligation to repay them after grad- to look on. A minuet will be one of the below par as to health and bodily perfecalso a paper on Tolstoy read by Mrs. Nor- maintained by its annual benefits. man Kingood. The Christmas luncheon was arranged by Mrs. John H. Parker.

the Waldorf-Astoria. The programme will privileged to bring guests. be a long one and will be largely furnished by "home talent." The Woman's Orchestra will be led by Miss Sara Belle Huff, the ing, to the Minerva Club. As the regular dolls, with Dresden bodies and voluminous Polifeme will recite in French. Velma falls on December 25 there will be no De- "ladies-in-waiting." Under their skirts will success of it that I took it up as a pro-Swanston Howard will give for the first comber meeting. This will be the first time be concealed a string of gifts for each time in America her translation of August in Strindberg's "Half a Sheet of Paper." Mrs. which Mrs. Howard MacNutt is president, which will trail over the table and tie to a M. Reid Cory will play the leading role in that a month has passed without a session. small gilded staff at each child's place, the Edythe Totten's playlet, "Politics," and the author of the play will not only stage manage the entire performance, but has prom- of the American Revolution, will give a child will wind the ribbon around his or ised a scene from "Macbeth." Cozette Kel- dance at Bretton Hall, on December 29, for her staff until a little package is brought ter will give a number of Russian and clas- the benefit of the philanthropic fund, which to the plate. This is to be untied promptly good." sical dances. Miss Amelia Bingham, pres- is devoted to educating a boy of Revolu- and enjoyed, until the next time comes for ident of the Professional Woman's League, tionary ancestry. The patronesses are the winding in a gift. will appear with her company in "Tosca," and Miss Belle Golden, of musical comedy Frederick Hasbrouck, Mrs. James M. Don- years of age, the supper will be quite simfame, has also promised a number.

pices of the New York Auxiliary of the Mrs. Sullivan May, Mrs. George Howe ery, cakes, and ice cream in Santa Claus Southern Industrial Educational Society Winkler and Miss Florence Guernsey. The shapes. After supper there will be music. will take place in the 69th Regiment Ar- guests of honor will be Cornellus A. Pugs- and the children can dance again or play mory on January 30 and 31, afternoons and ley, Louis Cornish, Mrs. William Tod Hel- games until the time comes for departure, that the women who make the biggest evenings, instead of this week on the date much, Mrs. William Gerry Slade, Mrs. of the actual centenary as at first planned William Cumming Story, Mrs. Livingston

pressure of holiday engagements and the Mrs. Thomas J. Vivian and Miss Mary Van she put the kettle on and filled an oval fliness of some of the workers. The extra Buren Vanderpoel. Miguel E. de Aguero plate with cheese straws, "whoever presides will do for the weak and ailing. time will be used to advantage in the com- is chairman of a floor committee of young is generally fairly on guard against spilling which is to include among its most inter- timental Guards will be present. esting features a series of Thackeray tableaus and a "Vanity Fair" under the dileaus demand for boxes and reserved seats has morning.

The programme of the 1812 benefit of the A little alcohol in hot water is excellent of white linen with the kind of tea I gen-Vassar Students' Aid Society, which will for cleaning smoky lamp chimneys, and erally use and let it dry so. Then I took Vassar Students And Society, which was long and state of the Columbia University departs of the Columbia University depar dorf-Astoria at 8:30 o'clock on the evening will disappear with its use. Oid paint until I found a heavy linen of that precise of January 25, will be an authors' reading stains, too, will often yield readily to alco- tint. It was the odd, twilled weave that and musical. Those taking part will be hol when they will not to turpentine. The you see, and I found the sliks that har-Ellis Parker Butler, author of "Pigs Is white marks so often left upon a varnished monized with it for the simple drawnwork Pigs": Edward Peple, author of "Prince table after water has been spilled upon it edge that you were admiring on this one. Chap" and "The Littlest Rebel" Cale Young can be taken out with alcohol. After put- for a scallop with a design of maidenhair Rice, author of "Surf Songs"; Mrs. Mary ting the alcohol on the stain take care not Austin, author of "The Arrow Maker"; to touch it until it dries. A slight sticki-John Barnes Wells, tenor: Mrs. Annie Lou- ness results which will disappear in a few occasional biossom that secures the deep

women and their friends for the purpose craser is used.

omano, and lasting two hours. There was mation. The general fund of the society is surprises, and games will be played for tion. They took their first steps in physical

The National Society of Patriotic Women long table, where the decorations are only an afterthought. of America will hold an informal social planned in a fascinating way. Down the The Woman's Press Club will combine meeting next Friday afternoon from 3 to centre old gilt epergnes and candelabra al physical culturists began their professional careers in many cases start off like anthropic fund next Saturday afternoon at Shaw, No. 3 West 81st street. Members are the épergnes filled with fruits and candies

> Mme. Carlo day of the monthly meeting of the club skirts of brocade, attended by miniature the history of this organization, of child, tied on a long ribbon, the end of fession."

ald, Mrs. Simon Baruch, Mrs. Homer Lee, ple. The four courses are oranges served Rowe Schuyler, Mrs. Joseph S. Wood, Mrs. n of the details of the entertainment, men, and Major Paul and a squad of Con- tea on the embroidered cloth; but when one

SOME USES FOR ALCOHOL.

John Barnes Wells, tenor: Mrs. Annie Louise David, harpist, and Miss Flora Schwab,
pisnist.

This society of which Mrs. Frederick L.
Kesys, or Great Neck, Long Island, is
president, is an organization of Vassar
women and their friends for the purpose

results which will disappear in a few
imitutes, but if touched or rubbed while
sticky the surface will either be defaced or
the varnish will come off. Small white
marks on varnished furniture will somepresident, is an organization of Vassar
women and their friends for the purpose

results which will disappear in a few
imitutes, but if touched or rubbed while
sticky the surface will either be defaced or
the varnish will come off. Small white
setting for my third one. The dull gray-green
of the material and the clearer fern and
of over colors make a thoroughly artistic
setting for my white china and bits of older to setting for my white china and bits of older to setting for my white china and bits of older to setting for my third one. The dull gray-green
the of the material and the clearer fern and
of the material and the clearer fern and
settly form white setting for my white china and bits of older to setting for my white china and bits of older to setting for my white china and bits of older to setting for my white china and bits of older to setting for my white china and bits of older to setting for my white china and bits of older to setting for my white china and bits of older to setting for my white china and bits of older to setting for my white china and bits of older to setting for my white china and bits of older to setting for my white china and bits of older to setting for my white china and bits of older to setting for my white china and bits of older to setting for my white china and the clearer fern and older to setting for my white china and the clearer fern and older to setting for my white china and the clearer fern and older to set the variable my constant to setting for my the clear of the material and the clearer fern and older to set the

VISIONS OF SANTA CLAUS DANCE IN THEIR HEADS.

"HELLO, SANTY CLAUS!" The Volunteers of America on the street corners give color to the Christmas myth.



MME. LOUISE HOMER AND THE HOMER TWINS. Who are looking for Santa Claus. (Photograph by Aimé Dupont).

FETE DE NOEL

In Christmas week is to be given a very

charming party, to which the small guests have been bidden in French, and at which

they are to wear miniature French court

costumes of the period of Louis XIV. The

At 6 o'clock a supper will be served at a

bow knotting in a small bunch of violets.

STAINPROOF.

another hour.

Your Daughter's Vocation

Quaint Juvenile Party Ar- As a Physical Culturist She Will Gain Not Only ranged for Christmas Week. a Good Income but Good Health.

By Mary Marshall.

CHAPTER VIII.

young courtiers are asked from "4 until 8," de Milo or an Amazon queen to make a and in the afternoon are to dance to quaint success as a physical culture expert. fact, more than 75 per cent of the tiptop physical culturists to-day began life far culture in order to help themselves, and the idea of making it their lifework was

The true stories of how these professioncentre old glit épergnes and candelabra al physical culturists began their profesand the candelabra holding bayberry and patent medicine testimonials.

"I was a weakling when I went on the scarlet candles. Bes'des these, at intervals stage," said a health and beauty expert of Christmas is not to bring joy, but mourn- of every fourth child are to be stately wide reputation, who began life as an "I took up physical culture in

"Two years of college made a nervous Light Horse Harry Lee Society, Children After each course, at a given signal each gymnasiums in the country, "I went into a gymnasium to try to get back my health, A onetime school teacher who is a physi-

cal culture supervisor in the public schools president, Mrs. William R. Stewart; Mrs. As the children are all to be under ten of New York had the same experience. The strain of the classroom broke her down, work." There is a growing demand in all and in her effort to pull herself back to Mrs. Robins A. Lau, Mrs. J. J. Fields, Mrs. like grapefruit, bouillon, with brown bread normal she turned to physical culture, and The Thackeray Centenary under the aus- William E. Fitch, Mrs. Elijah W. Sells, sandwickes, chicken breast and stewed cel- from that time took to it for her life work. All this does not mean that in this growing young profession women of unimpaired health are not in demand; it simply means success at it are women of enthusiasm, women who believe in the value of physical "At a formal afternoon tea," remarked culture, and this sort of enthusiasm and The change was made necessary by the Nellis M. Rich, Mrs. J. Heron Crosman, the woman who keeps bachelor hall, as faith comes in many cases only after personal knowledge of what physical culture

So, in choosing your daughter's vocation, do not for a minute think she has to be of my prettiest drawnwork tea cloths badly ingness that, as a child, made her eager spotted before I had the inspiration I to take part in the games of her playwanted. Then I deliberately stained a bit mates; if she is an "out-of-door girl," fond of sports, and knows how good it feels to have a body alive and tingling with open slouching over their books, or keeps per- the supply. sistently at them to hold their shoulders sistently at them to hold their snowless. The salaries of physical culture leachers back; if she is interested in any of the are about equal to or perhaps a little to recommend her to their women patients ing "specials" in this line.

training"? Probably the best place to get she not this is in one of the schools for physical a year. training, of which there are many in the

various large cities of the country. These A woman doesn't have to be a venus tion given, the length of the course and the the entire course, with two lessons a week In cost of instruction. In many normal schools courses of physical training, designed for women who intend to teach or supervise the teaching of gymnastics and physical the expense of the taxpayers. Other schools for physical culturists are maintained in ing in physical culture.

connection with the large universities. In one of these university schools your daughter can take a regular four years course leading to a Bachelor of Science degree in physical culture or a special diploma after a one or two years' course of training. Besides practical work in gymnustics, swimming, dancing, games and hygiene, a stiff course in anatomy and physiology is required. The tuition in a professional school of this sort usually ranges from \$150 to \$200 a year. Special ourses in physical culture are likewise iven in the summer schools of most of the large universities, and if you are interested in these courses a request addressed to the symnastic school connected with the uniersity nearest you will bring a catalogue or bulletin which explains all about the work.

For the woman who has received a diploma or a degree from one of these schools there is never any question of "getting, parts of the country for specialists in this bers what she knew about correct breathbranch. Public high schools nowadays are ing, polse and graceful carriage. About not complete without well equipped gymnasiums, and for these gymnasiums women gymnasium teachers must be had. City chool systems to be up to date must have schools and direct the physical culture lessons given by the grade teachers. Private schools, too, need trained physical culturists day Saturday and after school hours until One of the interest to give the proper dulls and callsthenics to to give the proper drills and calisthenics, to teach gymnastics if there is a gymnasium, o instruct in hygiene and physiology and to look generally after the physical well being of the students. Normal schools want has it every afternoon, as I do, it doesn't a perfect physical specimen in order to teach others to teach others to teach others to pay to use fine white linen and delicate go into physical culture. If she is active tics, and women's colleges everywhere are adding each year to their corps of trained physical culturists to take charge of the of physical culture was gained through physical well being and the athletic interis of the college girls.

When any of these schools wants a and sisters on the back when they sit ment of physical training, greatly exceeds slasm, she made a canvass of the phy-The salaries of physical culture teachers lived. She told them that she wanted them

broad movements for health improvement, above the salaries of other specially trained who needed to be built up after illness, such as open-air playgrounds, the campaign teachers. Six or seven or eight hundred That was six Years ago, and now this against tuberculosis, or public recreation dollars a year to begin with is the usual young woman has more calls than she can centres-if she has any or all of these qual- salary for the inexperienced young woman possibly attend to, the physicians in her incations, she would probably, with the gymnastic instructor. As she rises in her town recommending their patients to her highly recommended: Mix together one disor in a public school system or as an mend a trip to the stashore or mountains. The next question is. What is the "proper instructor or director in a training school The yearly income of this young woman she not infrequently gets as much as U.300 is somewhat over \$2,000.

(Copyright, 1911, by Mary Marshall.) So much for the girl who holds a dip-

knowledge she requires.

One eighteen-year-old girl who took a

year-old in the town where she lived.

Another young woman-whose knowledge

came an expert in so-called "setting up"

MISS ALICE MARY BUCKTON.

Author of the Christmas mystery play, Eager Heart," who thinks it is a beau-iful custom to have Santa Clauses on

the streets.

REMOVAL OF STAINS

An Ounce of Prevention Worth Pounds of Cure.

Before sending household linen to the laundry it should be carefully examined for rents and stains.

Stains that will be "set" when allowed to come in contact with soap and hot water can often be . moved, if fresh, by some simple means and will not require a powerful eradicator like chloride of lime or exalle acid, which are inclined to eat away the goods as well as the stain. To remove any stain, whether fresh or "set" with soap, it is well to try simple methods first A coffee stain, so hard to remove when

once "set" with soap, will easily come out before laundering. Place a pan under the stain, rub it with borax and pour boiling vater slowly over the borax so that te drips through the tablecloth into the pan underneath. A small stain of this kind may be removed from a clean tablecloth while it is still on the table. A deep saucer may be placed under the stain to catch the few spoonfuls of water that sock through it. When the moisture has dried ut the saucer may be removed and the tablecloth used as if no stain had marred it. Tea stains will usually come out in the

same way. Wine stains, it is said, will also come out the same way, but salt is used in place of borax.

Plain boiling water without borax or salt will remove fruit stains. If the stain is bstinate let the linen soak in boiling water, Salt, lemon juice and sunshine are well known eradicators of iron rust. Spread the article out where strong sunshine can reach it, or place it in a window with the rust stain fully exposed to the sunshine. Cover the stain completely with salt and squeeze a few drops of lemon juice over it. Let it stand in the strong sunlight till the stain is gone. As sunshine is often a rare commodity in New York apartments, the city housewife may have to resort to oxalic acid, sometimes known as salts of lemon, but having no relation to the lemon. Oxalic acid is also recommended for mildew stains. When sunshine is available the stains can sometimes be removed by rubbing with brown soap, applying a paste of chalk and water and laying in the sunshine. Two or three applications will be required. Mildew is a very difficult stain to remove, and if milder measures fail it may be necessary to use javelle water or a solution of chloride of

Javelle water will also take out the stains of ink or shoe blacking. When used on shoe blacking stains a yellowish stain is left behind, which comes out quickly with cold water. Every housekeeper knows, of course, that one cannot exercise too much care in using javelle water, for, like oxalic acid, it may eat away the fabric as well as the stain. After applying, the fabric should be rinsed with clear water so that the javelle water may not remain in it any longer than is necessary.

To remove candle grease place a piece of blotting paper under the spot, pour a few drops of alcohol over the grease and press it immediately with a hot iron. If this application is not successful try a second. It is said that kerosene can be taken out in the same way but without the use of alcohol-with only the blotng paper and hot iron. Alcohol is sometimes used for ordinary grease stains, and

then they are rubbed with soap. Equal parts of ammonia and turpentine will remove paint stains from cloth. Saturate the spot with it two or three times, rubbing the stain a little. Then wash out in warm "sudsy" water. If the spot is obstinate soak it in the mixture and rub it hard before applying the soapsuds. Then rub it again. Repeat the process until the stain is gone. Try this mixture on any paint stain. Kerosene may take

on any paint stain. Kerosene may take the place of the turpentine when the latter is not at hand.

If there is a large family and javelle water is much in demand for bleaching and removing stains, it is worth while to prepare it at home. Have ready a gailon of hot water and stir into it a pound of washing soda and half a pound of chloride of lime. Strain the mixture through a cloth and put it into an old jar. Then let it stand at least an hour before using and stir it once in a while. A jar is better than a bottle to keep it in, as light takes away its strength.

loma from a physical culture school. Now, suppose you can't afford to send your daughter to school to learn her trade, there are still several ways for her to get a start as a physical culturist. The Young Women's Christian Association has in most of the large cities well equipped gym- WAYS WITH HAMBURG STEAK nasiums, where an ambitious girl could,

through practice and observation, learn as much as she could in the training school. This association conducts classes in Swed-This Homely Dish May Appear in Various Appetizing Guises. ish gymnastics, folk dancing, wand and That plain but nourishing dish known as

Hamburg steak may appear in various for six months, costing the modest sum guises that are a great improvement on the usual way of serving it. A very nice of \$2. If in addition to this course your daughter could take a course in hygiene dish with cakes and coffee for an autu and physical culture such as is often given breakfast is prepared with about two-thirds culture in the public schools, are given at by the Young Women's Christian Associa- of Hamburg steak and one-third of saution she would have an excellent ground- sage. The sausage should be rich with sage and other seasonings. The dish tastes much like sausage, but without the greasy But suppose your daughter is a country quality. Therefore persons with delicate maid and lives far from the Young Women's Christian Association headquarters- digestions can partake of it when they far from any classes in physical culture, might be forced to refrain from eating un-

If she has a great deal of persistence she adulterated sausage. Another nice way of serving Hamburg could probably get a good deal from a correspondence course. Several of the physi- steak is the following: Moisten a cupful cal culture experts who make a business of powdered cracker crumbs with a little of giving physical culture by mail really milk-enough to make a mixture of pud-know their business, and if your daughter ding-like consistency. Stir this through a went through a course of exercises such pound of Hamburg steak and season the as they prescribe she would probably not whole with pepper, salt and powdered sage. only be benefited herself, but would get a Two teaspoonfuls of the powdered sage good start in the art of instructing others. will be about right. Some palates may This, with some standard textbooks on like a little more and some less. After hygiene and physical culture, would go a seasoning knead the mixture with the long way toward giving your daughter the hands until all the ingredients have become properly amalgamated. Form it into a roll and slice the roll into cakes. Fry twenty-dollar course in physical culture the cakes in very hot suet or butter. If made a success of it in the small town the Hamburg steak seems to be lacking where she lived. Her first work was in in fat it is well to add a little chopped a young woman's club, where she earned suct when mixing the softened crumbs a few dellars a week teaching the mem- into it.

Probably more housewives are cheated by butchers through the medium of Hamopen air gymnasium to the town's im- the meat line. The best way to manage provements, and the young physical cult- is to buy a piece of first class round steak urist was straightaway employed at \$12 and have it ground before one's own eyes: supervisors of physical training to visit a week to take charge of it. Here the then one knows just exactly what one is young woman's duties kept her busy all getting.

day Saturday and after school hours until One of the interesting specimens at Soon her reputation was so well established shown in the exhibit conducted by Uncle that the girls' private school of the town Sam's meat inspectors. The "Hamburgs" employed her two mornings a week for looked fresh and healthy, but their ap-15, thus bringing her weekly earnings to pearance was most deceiving. They were 519-an enviable salary for an eighteen- in reality old minced scraps of meat freshened and colored with a preserving liquid that comes especially for the purpose-a veritable invention of Satan. As butchers seem to have the power to clude the Young Women's Christian Association rooms and a term in summer school-beed with this preparation is likely to de-When any of these schools wants a teacher it sends to a training school, and the value of systematic exercise in so burg steak that has been previously burg steak that has been previously chopped, unless the butcher's sense of honor is above suspicion, and even then it is just as well not to trust to one's own sicians' offices in the town where she opinion. It may be well to warn young housekeepers in particular against tempt-

COLOGNE WATER. The following recipe for cologne water is

proper training, make a first rate physical profession and holds a position as super- "setting up" just as they used to recomtergamot, two drams of oil of lemon, two drams of oil of resemary, nity dreps of tineture of musk, eight drops of ell of cinnamon, eight drops of oil of cloves and a pint of alcohol.